



June is Alzheimer's Disease & Brain Awareness Month

六月是阿茲海默症預防及大腦健康宣傳月

Alzheimer's Disease is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. Currently, Alzheimer's treatments can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. If you want to learn more about Alzheimer's disease, please attend our Alzheimer's Disease Workshop at NEMS Health Education Department.

阿茲海默症是一種會引起記憶、思維和行為問題的癡呆症。症狀通常發展緩慢，並且，隨著時間的推移會變得更加糟糕，甚至會變得嚴重到影響日常工作。目前，阿茲海默症的治療可以暫時減緩癡呆症的惡化，同時可以改善阿茲海默症患者及其護理人員的生活質量。如果您想了解更多關於阿茲海默症的信息，請參加我們在東北醫療中心健康教育部的阿茲海默症預防講座。

Topics 題目：

- What is Alzheimer's Disease?
什麼是阿茲海默症？
- Risk Factors
風險因素
- Symptoms and Warning Signs
可能出現的症狀和疾病的徵兆
- Prevention Tips
預防的技巧
- Treatment
治療方式

Detailed Information 詳細資料	Chinatown Clinic 三藩市華埠Stockton街診所	Portola Clinic 三藩市波特羅區San Bruno街診所	1870 Lundy Clinic 聖荷西Lundy街診所
Date 日期	6/1 - 6/29/2023 Every Tuesday & Thursday 逢星期二、四	6/5 - 6/26/2023 Every Monday 逢星期一	6/7 - 6/28/2023 Every Wednesday 逢星期三
Time 時間	10:30am - 11:30am 上午10時半至11時半	2:00pm - 3:00pm 下午2時至3時	2:00pm - 3:00pm 下午2時至3時
Location 地點	1520 Stockton St. San Francisco, CA 94133	2574 San Bruno Ave. San Francisco, CA 94134	1870 Lundy Ave. San Jose, CA 95131
Language 語言	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語	English, Mandarin 英及國語

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).